

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:20 untill 14:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:33
Heat: 1/12 Lane : 2 Athlete: BERTOLAZZI MONA					Q-time: 01:22:15
PB (25m pool): 01:24.25 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:22.15 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.67		01:24.25	
	00:41.67		00:42.58		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:35
Heat: 2/12 Lane : 1 Athlete: VANGENECHTEN ANNA					Q-time: 01:16:78
PB (25m pool): 01:18.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:16.78 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.18		01:18.19	
	00:38.18		00:40.01		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 4 Athlete: GHOOS KATO					Q-time: 01:08:85
PB (25m pool): 01:10.13 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.85 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.10		01:10.13	
	00:34.10		00:36.03		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:44
Heat: 7/12 Lane : 4 Athlete: KERCKHOFS NIENTKE					Q-time: 01:05:50
PB (25m pool): 01:05.50 Pelt 05/10/2025					PB (50m pool): 01:06.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.78		01:05.50	
	00:31.78		00:33.72		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:58	
Heat: 2/9 Lane : 7 Athlete: VANGENECHTEN MATTHIAS							Q-time: 03:11:84	
PB (25m pool): 03:11.84 Aarschot 26/04/2026				PB (50m pool): 03:15.56SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.84		01:35.29		02:32.64		03:11.84
	00:47.84		00:47.45		00:57.35		00:39.20	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 6 Athlete: PROUVé VIKTOR							Q-time: 02:35:90	
PB (25m pool): 02:36.96 Leuven 12/10/2025				PB (50m pool): 02:35.90SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.68		01:13.09		02:01.35		02:36.96
	00:33.68		00:39.41		00:48.26		00:35.61	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:18	
Heat: 8/9 Lane : 2 Athlete: VAN HOOFF COBE							Q-time: 02:22:82	
PB (25m pool): 02:22.82 Leuven 12/10/2025				PB (50m pool): 02:26.31 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.28		01:08.52		01:49.58		02:22.82
	00:31.28		00:37.24		00:41.06		00:33.24	
								

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 6 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:19:02
PB (25m pool): 01:19.02 Temse 17/11/2025					PB (50m pool): 01:22.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.54		01:19.02	
	00:37.54		00:41.48		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 16:02	
Heat: 1/3 Lane : 5 Athlete: PROUVé VIKTOR							Q-time: 02:30:84	
PB (25m pool): 02:30.84 Leuven 12/10/2025				PB (50m pool): 02:34.08SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.87		01:14.37		01:53.19		02:30.84
	00:35.87		00:38.50		00:38.82		00:37.65	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 6 Athlete: KERCKHOFS NIENKE							Q-time: 04:54:53	
PB (25m pool): 04:54.53 LEUVEN 21/12/2025				PB (50m pool): 04:59.00SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:33.82		01:11.38		01:48.93		02:26.89
	00:33.82		00:37.56		00:37.55		00:37.96	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:04.51		03:42.48		04:19.80		04:54.53
	00:37.62		00:37.97		00:37.32		00:34.73	
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 16:34	
Heat: 1/10 Lane : 2 Athlete: VANGENECHTEN MATTHIAS							Q-time: 00:42:83	
PB (25m pool): 00:44.91 Aarschot 26/04/2026							PB (50m pool): 00:42.83 SB: no time	
	2 5 M		5 0 M					
PB			00:44.91					
	00:44.91							
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+					Heat:5, starttime: 16:39				
Heat: 5/10 Lane : 6 Athlete: VAN HOOFF COBE					Q-time: 00:30:22				
PB (25m pool): 00:30.22 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:30.51 SB: no time									
	2 5 M		5 0 M						
PB			00:30.22						
			00:30.22						
									

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:7, starttime: 16:52	
Heat: 7/7 Lane : 2 Athlete: VANDERLINDEN PAULIEN							Q-time: 00:31:73	
PB (25m pool): 00:31.73 LEUVEN 23/11/2025							PB (50m pool): 00:33.38SB: no time	
	2 5 M		5 0 M					
PB			00:31.73					
			00:31.73					
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:26	
Heat: 1/3 Lane : 4 Athlete: TEAM BEST							Q-time: 02:05:34	
PB (25m pool):			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback: